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# COPD | NEWS

Chronic Obstructive Pulmonary Disease

Molina Healthcare



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# Spirometry Testing

### Message to Members

If you do not want the **COPD** newsletter sent to your home, just let us know. Please call **Molina Health Education** at 1 (888) 483-0760.

All material in this newsletter is for information only. This does not replace your doctor's advice. Ask your doctor if you have questions.

**COPD** means you have chronic bronchitis or emphysema, or a little bit of both. People with COPD have trouble breathing. A spirometry test measures breathing. It can often be done at the doctor's office. It tells the doctor how your lungs are working. It helps your doctor decide how to best help you.

**A spirometry test is very short.** It shows two important graphs. One shows the amount of air you can breathe in or out. The second shows the total amount of air you can breathe in and out.

**This is what happens during a test.** You will take a very deep breath and then breathe out as hard as you can, for as long as you can. Your doctor may give you a soft nose clip so you breathe only from your mouth. You might take a quick breath in again. This is to see if there is anything blocking your breathing. You repeat the test three times to make sure it is right.

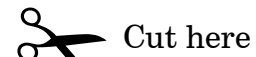
Spirometry is also used to check people with asthma. It measures how well your lungs work after exercise, or breathing cold or dry air.

Your doctor can do this test to see how well a medicine is working. You do the test before taking your medicine. After taking the medicine, you do the test again. Then the doctor can see how well it worked.

Not all spirometers look the same. Not all are exactly alike. But they measure the same things and they will all help your doctor make the best treatment decisions.

### Smoking and COPD Do not Mix

If you need help quitting, join **Molina's Smoke Free** program. Call 1-888-483-0760 ext. 170458 for free one-on-one help.



### Medicine ordered by your doctor

Start Date	Name of Medicine	Dose (units, puffs, drops)	When do you take it? How many times per day, morning and night?	Purpose (Why you take it?)	Comments

**Medical Conditions:** Asthma Heart Disease Diabetes High Blood Pressure Other

**Known Drug/Food Allergies:** \_\_\_\_\_



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# Smoking Cessation

Smoking is the largest preventable cause of illness and early death. It doesn't matter how old you are or how long you've smoked, it is important to quit. Quitting smoking reduces your risk of lung cancer, heart disease, stroke and lung diseases. Check out some of the short and long term health benefits when you quit smoking:

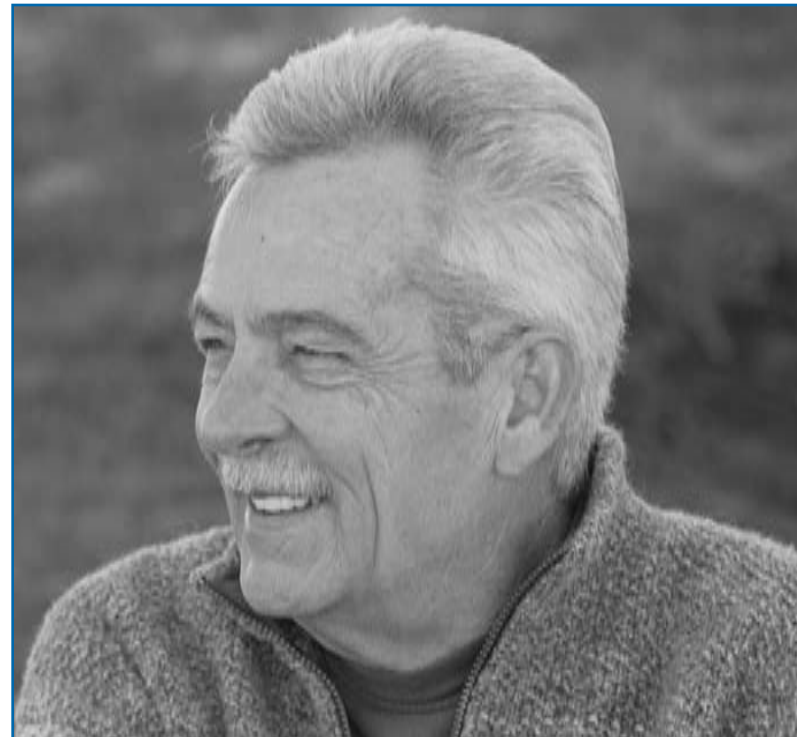
- **After 20 minutes** -- blood pressure decreases.
- **After 24 hours** -- the chance of a heart attack is less.
- **After 1 year** -- excess risk of heart disease is decreased.
- **After 5 to 15 years** -- the risk of stroke is reduced.

There are many ways to quit smoking. You may even have to try different ways before you succeed. Don't get discouraged. The important thing is that you quit. Keep in mind that it's never too late – especially if you're living with a chronic disease.

## TIPS TO HELP YOU QUIT:

1. Admit the problem to yourself and those around you.
2. Keep track of when and why you smoke.

3. Set a quit date.
4. Limit the time you spend with people who smoke.
5. Write down the list of reasons for not smoking. Keep that list with you. Make sure to review those reasons when you feel the urge to smoke.
6. Talk to your doctor about treatment options.
7. Call the Smoke Free Program at 1-888-483-0760 for information on how Molina Healthcare can help you to quit.



For more information about our health management programs call Molina Healthcare Member Services at the phone number listed on your ID card.

Also call our Nurse Advice Line when you have questions about your health:

**1-888-275-8750**

For the hearing impaired please call TTY/866-735-2929  
24 Hours a day, 7 days a week - everyday of the year!

[www.molinahealthcare.com](http://www.molinahealthcare.com)

# Know Your Medicines

**COPD** medicines reduce shortness of breath, control coughing and wheezing and can prevent or reduce a flare-up. Most people with COPD find that medicine makes breathing easier.

**There are two types of medicines that can help open your lungs.**

**FAST-ACTING MEDICINES WORK RIGHT AWAY.** You take this when you feel short of breath. This can happen when you are very active and breathing hard. Cold air can also make you short of breath. You may have to take this medicine with an inhaler. A nebulizer machine is another way to take it too. You should not have to use this medicine every day. If you use it daily, talk to your doctor for help.

**SLOW-ACTING MEDICINES WORK ALL DAY.** They help to reduce tightening of airways. This medicine can be an inhaler, or a pill, or syrup. This medicine can last up to 12 hours. Your doctor

might also give you steroids to help you breathe. But don't use this medicine when you are short of breath. That's when you need a fast-acting medicine.

Talk about your medicines with your doctor at every office visit.

- Ask your doctor or nurse to write down the name of each medicine, how much you should take and when you should take it.
- Bring a list of the medicines with you to each check up.
- Tell your doctor how your medicines make you feel.
- If your doctor tells you to use inhaled medicines, you will need to learn to use an inhaler.

Be sure to take all medicines as prescribed. Changing the size or doses or skipping doses can be dangerous. Talk to your doctor if you have new side effects.



## My Medicine List

Name \_\_\_\_\_

Date \_\_\_\_\_

## My Doctor:

Phone: \_\_\_\_\_

## My Pharmacy:

Phone: \_\_\_\_\_

## My Medicine



It is often helpful to keep a list of all your medicines. We hope this card can be useful and can be carried in your wallet.

Fill in all the medicines you are taking. Review this card as your medicines change.

## Over-the-Counter Medicines

Check if you are using any of these:

- Allergy relief
- Antacid
- Aspirin/other pain medicine
- Cough/cold medicine
- Diet pills
- Laxatives
- Vitamins/Minerals
- Herbs (please list name)

- Sleeping pills
- Other (please list name)



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